



# Article: Tips for Creating Guided Imagery that Works (Hypnosis and Guided Imagery Book 1)

*Mary Elizabeth Raines*

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This 3,530-word article by Mary Elizabeth Raines and the Academy for Professional Hypnosis Training covers several tips for creating effective guided imagery, which include working with a client's belief system, incorporating symbolism, and a list of 15 key steps for creating expert imagery. It is a revised and expanded version of an earlier article entitled "How to Create Guided Imagery that Works."

Ms. Raines, an international expert on hypnosis and imagery, created and teaches the Guided Imagery Certification program for the National Guild of Hypnotists.

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